



SonomaHills

RETIREMENT LIVING

405 W. Macarthur Street • Sonoma, CA 95476 • (707) 939-7856 • www.sonomaretirement.com

Executive Director	Mark Nilsson
Business Manager	Sandra Lopez
Maintenance Manager	Ignacio Vargas
Culinary Director	Jorge Gomez
Life Enrichment Director	Luz Bravo
Chauffeur	Deborah De Martini
Community Liaison	Pat Valone
Cuisine Creator	Maria Vargas
Cuisine Creator	Jason Vail
Cuisine Creator	Alex Saldana



Carol George	Oct. 01
Jean Storrs	Oct. 08
Tomiko Yabumoto	Oct. 21
Steve White	Oct. 20
Vilma Lafleur - Employee	Oct. 10

Welcome New Residents

Shirley Doyal	152
Beth Buhler	102
Joyce Brock	133

October 2025



HALLOWEEN PARTY

One of our favorite entertainers, TRADJASS, will be performing during Social Hour on Friday 31. Costumes encouraged!! We got the BOOZE ...You bring the BOOS!!



DOG SOCIAL & COSTUME PARADE
It's HOWL-O-WEEN!
OCT. 26

Let's Celebrate Oktoberfest!

You don't have to travel to Germany to celebrate; we're hosting our own Oktoberfest right here! Friday 10/17. Be ready to have a barrel of fun!



AR

Arts & Crafts

GE

L

Meditation & Movement

■

LB





Book Club

■

AR

Ice Cream

■

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>5</div> <div>9:00 ■ SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 ■ GE Catholic Communion</div>	<div>PUMPKIN DECORATION ON THE 21</div>  <div>6</div> <div>11:00 ■ TR Strength Training</div> <div>1:00 ■ BLACK JACK TIME</div> <div>2:00 ■ L Meditation & Movement</div> <div>2:00 ■ Rummikub</div> <div>3:00 ■ AR Popcorn at the Lobby</div>	<div>JOIN US FOR THE BEST SPOOKY HALLOWEEN PARTY!!</div>  <div>7</div> <div>1:00 ■ AR BINGO</div> <div>1:00 ■ RESIDENTS' MEETING</div> <div>3:00 ■ CANASTA</div>	<div>1</div> <div>9:00 ■ BRIDGE</div> <div>11:00 ■ L PUTTING GREEN</div> <div>1:00 ■ AR BINGO</div> <div>2:15 ■ TR Gentle Stretch & Balance</div>	<div>2</div> <div>11:00 ■ BILLIARDS</div> <div>2:15 ■ TR Gentle Stretch & Balance</div>	<div>3</div> <div>11:00 ■ TR Zumba</div> <div>1:00 ■ AR BINGO</div> <div>4:00 ■ SOCIAL HOUR - - From 4 to 5pm</div>	<div>4</div> <div>10:00 ■ Mexican Train Dominoes</div> <div>1:00 ■ AR BINGO</div> <div>3:00 ■ AR ART GROUP</div>
<div>12</div> <div>9:00 ■ SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 ■ GE Catholic Communion</div>	<div>Columbus Day</div> <div>13</div> <div>11:00 ■ TR Strength Training</div> <div>1:00 ■ BLACK JACK TIME</div> <div>2:00 ■ L Meditation & Movement</div> <div>2:00 ■ Rummikub</div> <div>3:00 ■ AR Popcorn at the Lobby</div>	<div>14</div> <div>1:00 ■ AR BINGO</div> <div>2:00 ■ DANCE & ICE CREAM</div> <div>3:00 ■ CANASTA</div>	<div>15</div> <div>9:00 ■ BRIDGE</div> <div>11:00 ■ LB BOOK CLUB</div> <div>11:00 ■ L PUTTING GREEN</div> <div>1:00 ■ AR BINGO</div> <div>2:15 ■ TR Gentle Stretch & Balance</div>	<div>16</div> <div>9:30 ■ - O U T I N G</div> <div>11:00 ■ BILLIARDS</div> <div>2:15 ■ TR Gentle Stretch & Balance</div>	<div>17</div> <div>11:00 ■ TR Zumba</div> <div>1:00 ■ AR BINGO</div> <div>4:00 ■ SOCIAL HOUR - "OKTOBERFEST" CELEBRATION</div>	<div>18</div> <div>10:00 ■ Mexican Train Dominoes</div> <div>1:00 ■ AR BINGO</div> <div>3:00 ■ AR ART GROUP</div> <div>6:00 OUTING TO VINTAGE HOUSE HALLOWEEN PARTY</div>
<div>19</div> <div>9:00 ■ SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 ■ GE Catholic Communion</div>	<div>20</div> <div>11:00 ■ TR Strength Training</div> <div>1:00 ■ BLACK JACK TIME</div> <div>2:00 ■ L Meditation & Movement</div> <div>2:00 ■ Rummikub</div> <div>3:00 ■ AR Popcorn at the Lobby</div> <div>4:00 JEOPARDY - Hosted by the Boys and Girls Club</div>	<div>21</div> <div>10:30 ■ GE Catholic Mass</div> <div>1:00 ■ AR BINGO</div> <div>2:00 ■ AR PUMPKIN DECORATION</div> <div>3:00 ■ CANASTA</div>	<div>22</div> <div>9:00 ■ BRIDGE</div> <div>11:00 ■ L PUTTING GREEN</div> <div>1:00 ■ AR BINGO</div> <div>2:15 ■ TR Gentle Stretch & Balance</div>	<div>23</div> <div>9:30 ■ - O U T I N G</div> <div>11:00 ■ BILLIARDS</div> <div>1:00 PHOTOGRAPHY CLUB (Group 2)</div> <div>2:15 ■ TR Gentle Stretch & Balance</div>	<div>24</div> <div>11:00 ■ TR Zumba</div> <div>1:00 ■ AR BINGO</div> <div>4:00 ■ SOCIAL HOUR - -- From 4 to 5pm</div>	<div>25</div> <div>10:00 ■ Mexican Train Dominoes</div> <div>1:00 ■ AR BINGO</div> <div>3:00 ■ AR ART GROUP</div>
<div>26</div> <div>9:00 ■ SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 ■ GE Catholic Communion</div>	<div>27</div> <div>11:00 ■ TR Strength Training</div> <div>1:00 ■ BLACK JACK TIME</div> <div>2:00 ■ L Meditation & Movement</div> <div>2:00 ■ Rummikub</div> <div>3:00 ■ AR Popcorn at the Lobby</div>	<div>28</div> <div>1:00 ■ AR BINGO</div> <div>2:00 ■ ARMCHAIR TRAVEL - MEXICO</div> <div>3:00 ■ CANASTA</div>	<div>29</div> <div>9:00 ■ BRIDGE</div> <div>11:00 DOGGIE SOCIAL & COSTUME PARADE</div> <div>11:00 ■ L PUTTING GREEN</div> <div>1:00 ■ AR BINGO</div> <div>2:15 ■ TR Gentle Stretch & Balance</div>	<div>30</div> <div>9:30 ■ - O U T I N G</div> <div>11:00 ■ BILLIARDS</div> <div>2:15 ■ TR Gentle Stretch & Balance</div>	<div>HAPPY HALLOWEEN!!</div> <div>31</div> <div>11:00 ■ TR Zumba</div> <div>1:00 ■ AR BINGO</div> <div>4:00 ■ SOCIAL HOUR - HALLOWEEN PARTY - "TRADJASS BAND" From 4 to 5pm</div>	

SPOOKTACULAR OCTOBER EVENTS!



THE BEST TIME OF THE YEAR IS EVERY DAY!!!!!!
HOWEVER, NOTHING BEATS HALLOWEEN!

- WEDNESDAY, OCTOBER 29 -- 10:30 A.M.

ANNUAL PET COSTUME PARADE

- FRIDAY, OCTOBER 31 -- 4:00 P.M.

HALLOWEEN PARTY @ SOCIAL HOUR

LIVE ENTERTAINMENT -- TRADJASS

RESIDENT & EMPLOYEE COSTUME PARADE



FIRST OUTING IN OUR NEW VAN TO BODEGA BAY!! LET LUZ KNOW WHERE YOU WANT TO GO NEXT!!!! A SPECIAL DAY WITH SPECIAL HAPPY RESIDENTS! EVERYONE IS SMILING AS THEY KNOW HOW TO STAY HEALTHY AND HAPPY!